

## **EPI Update for Friday, April 30, 2010**

### **Center for Acute Disease Epidemiology (CADE)**

### **Iowa Department of Public Health (IDPH)**

**Items for this week's EPI Update include:**

- **Potential for dengue infection among relief workers returning from Haiti**
- **Spring time outdoor safety**
- **Meeting announcements and training opportunities**

#### **Potential for dengue infection among relief workers returning from Haiti**

The CDC has received reports of dengue fever among relief workers returning from Haiti, where the disease is endemic. Dengue fever (DF) is characterized by high fever plus two or more of the following: headache, retro-orbital pain, joint pain, muscle or bone pain, rash, mild hemorrhagic manifestations, and leukopenia. The incubation period for DF ranges from three to 14 days, but is typically about one week; therefore, illness may occur while the workers are stationed in Haiti or after they return to the US.

A small proportion of patients develop dengue hemorrhagic fever (DHF), which is characterized by presence of resolving fever or a recent history of fever lasting two to seven days, any hemorrhagic manifestation, thrombocytopenia, and abnormal vascular permeability evidenced by hemoconcentration, hypoalbuminemia, or abdominal or pleural effusions.

Health care providers in the United States should consider dengue in the differential diagnosis of febrile illness in any person who has recently been in Haiti or other countries where dengue is being transmitted. Health care providers should consult IDPH at 800-362-2736 when they suspect DF or DHF, and IDPH will facilitate proper testing.

For additional information on dengue visit: [www.cdc.gov/Dengue/](http://www.cdc.gov/Dengue/)

#### **Springtime outdoor safety**

Whether you're relaxing in the backyard, turning up your garden, hitting the pool, or exploring the great outdoors, here are some ways to help keep you and your family healthy this spring and summer:

- **Beware of bugs:** mosquitoes, ticks, and other insects thrive in warmer weather, and they can transmit West Nile virus, Lyme disease, and other illnesses. Here are some tips to reduce your exposure:
  - Use an appropriate insect repellent according to label instructions.
  - Pay special attention to protection or avoid being outdoors during the prime mosquito-biting hours of dusk to dawn.

- Reduce mosquito breeding sites by removing any yard items that may collect standing water, such as buckets, old tires, and toys.
- Replace or repair torn window screens to keep bugs out of the house.
- Wear light-colored clothing so you can see ticks crawling on you. You can also treat clothing with permethrin, which protects through several washings (follow the label instructions).
- After being outside, check your body, clothing, children, and pets for ticks.
- Reduce ticks around your home by removing leaves, brush and woodpiles.
- Now is the time to prevent rodent infestation:
  - Fill any gaps or holes inside and outside your home.
  - Eliminate or seal rodent food sources such as pet food, bird feeders, and garbage cans.
  - Elevate hay, woodpiles, and garbage cans at least one foot off the ground, and trim grass and shrubbery within 100 feet of your home.
- Follow these tips to ensure a safe outdoor dining experience:
  - When grilling, use a meat thermometer to ensure meat and poultry are properly cooked.
  - Cooked meat and raw meat should be placed on separate platters to avoid cross-contamination.
  - Always keep cold foods cold and hot foods hot.
  - Refrigerate leftovers promptly.

For additional springtime safety tips visit: [www.cdc.gov/Features/MovingOutdoors/](http://www.cdc.gov/Features/MovingOutdoors/)

### **Meeting announcements and training opportunities**

None

### **Have a healthy and happy week!**

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Iowa Department of Public Health  
800-362-2736